

Very unstable hands, unstable feet

- A) 1 medicine ball Front Hand Planche – emphasize the weight on your hands before placing your second shin/foot on the ball, hold 20 seconds.



- B) 1 Medicine ball push-up



- C) 1 medicine ball hip flexion – go slow



- D) 1 medicine ball pike – careful!!!



The exercises shown here are dangerous, injury can occur if done improperly or carelessly. I advise using a spotter at the head position to prevent head and/or neck injury. The beginner to intermediate progressions should be mastered before attempting these exercises. There are more advanced exercises which require the assistance of a professional. Please progress slowly and carefully.

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Training listed here is the author's opinion. Consult your Physician before engaging in any part of the training. There is no guarantee, either expressed or implied, that this information is accurate or reliable. Your use of this advice indicates your assumption of risk and/or injury and is an acknowledgment of your own sole responsibility for your safety in training and bouldering.